

Everyday Challenges Facing the Elderly

(that we all should be aware of)



The autumn of our lives can be a time of relaxation and reaping the rewards of all that we have worked for.



At the same time it can be fraught with difficulties that we sometimes don't want to admit.

Those who have parents still living on their own may be interested in the following information. It is a list of the main problems confronting non-institutionalized people over 55 years of age, according to a Gallup poll of 1,500 people in that category. Here is their list:

1. Opening medicine packages
2. Reading product labels
3. Reaching high things
4. Fastening buttons, snaps and zippers
5. Vacuuming and dusting
6. Going up and down stairs
7. Cleaning bathtubs and sinks
8. Washing and waxing floors
9. Putting clothes over one's head
10. Putting on socks, shoes, or stockings
11. Carrying purchases home
12. Using tools
13. Being helpless if something happens while at home alone
14. Using the shower or bathtub
15. Tying shoelaces, neckties and bows
16. Moving around the house without slipping or falling.

Caregivers Can Help

Although it is certainly not true that all elderly people have these problems, caregivers might want to keep this information in mind... especially when you consider that one common characteristic associated with aging is denial. Those that took care of us all of our lives may not want to admit it when they need help.

Helping to reduce the difficulties associated with aging can assist in minimizing its most common negative emotions of fear, loneliness, depression and feelings of helplessness - and increase the feeling of vitality. Exercise and staying active can help keep these problems from occurring.

Many times one of the most difficult challenge for caregivers is to find ways to assist that don't highlight the elderly loved one's need for help.



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